

Grades 1 -6 4:30pm – 5:45pm
September 18th – October 27th
At Brunswick Town Commons
\$ 35 Residents \$45 Non-Residents
Enrollment limited to 20. Register soon!



Brunswick Parks & Recreation

Youth Cross Country Trail Biking Program



PROGRAM HIGHLIGHTS



- Bike Inspection & Fitting
- Bike Safety Education
- Riding Awareness & Vision
- Balance & Body Position
- Braking & Stopping
- Shifting & Cadence
- Terrain Awareness
- Introduction to Obstacles
- Program Shirt Provided

The Trail Bike Coaches

Coaching is provided by:
6 RIVERS NEMBA (New England Mountain Bike Association)

Kris Haralson 6R NEMBA
Board Member
kharalson@comcast.net

Brian Abbott
Chuck Spear
Brian Cataldo
Jon Kibler
Melissa Sterns
Dave Palese

All of the coaches are avid mountain bikers and are skilled in CPR and first aid.

Parents/guardians are welcome and encouraged (but not mandatory) to ride along with the group.

Daily Schedule
4:30pm- Meet/Stretch
4:40- Introduce skill of the day, Group Ride
5:40 - Group stretch/review of ride
5:45 - Dismissal

REQUIRED ABILITY

Beginner, Novice, Intermediate or Advanced Riders.

*Beginner riders need to be comfortable riding a two wheel bike without training wheels and confidently be able to use hand brakes.

Equipment

Helmet- Bike- Water Bottle-
(Bikes will be available to use for the program for those that might not have them & helmets will be given to those needing helmets)

**Riders should wear clothes that they are comfortable riding in.
Enrollment limit of 20 riders. Register soon!*

This is a 6-week program and will meet **Tuesdays** starting **September 18th – October 27th**. Staff is knowledgeable and enthusiastic about teaching all kids of all skill levels about Cross Country Trail Biking. They will help riders develop a positive attitude about themselves, other participants, and skill development and comfort on their bike on different trail conditions. Program will meet weekly at the **Brunswick Town Commons** Entrance at Rt. 123 Parking area. We will consider a destination ride on **Saturday October 27th** from 9am - 11am as our last session.

The program will start with a **Parent/Guardian & Rider meeting** on Tuesday, **September 18th** at 5pm at the **Brunswick Town Commons**. A Bike & Helmet Safety check will also be done at this meeting. Fitting for helmets and bikes will be done for those needing to use a bike for the program. Please let us know in advance if you do not have a bike.

PROGRAM SPONSORS:

Center Street Cycles
6 Rivers NEMBA
Gorham Bike & Ski
Coastal Orthopedics
Martin's Point Health Care

REGISTER TODAY!! REGISTER ONLINE!! REGISTER TODAY!!

For a copy of our refund policy please visit our office at 220 Neptune Drive or our website at www.brunswickme.org

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656.

✂ **Detach & return with fee** to the Brunswick Rec. Center, 220 Neptune Drive, by **Sept 17**. Office hours Mon-Fri 8am- 4:30 pm ✂

BRUNSWICK PARKS & RECREATION DEPT.

Youth Cross Country Trail Biking Program – Fall 2018

FEE: \$35.00 Brunswick Residents \$45.00 Non- Residents

For Office Use
Date _____
Amt\$ _____
Computer
226280-01

Please Print

Name _____ Date of Birth _____ Age _____
Street Address _____ Town _____ Zip _____
Town of Residence _____ School _____ GRADE, Fall 2018 _____
Parent/Guardian #1 Home Phone _____ Parent/Guardian #1 Work Phone _____ Parent/Guardian #1 Cell _____
Parent/Guardian #2 Home Phone _____ Parent/Guardian #2 Work Phone _____ Parent/Guardian #2 Cell _____
Email Address _____
Emergency Contact, other than parent/guardian _____ Relationship _____ Day Phone _____
*ALLERGIES/PHYSICAL or EMOTIONAL LIMITATIONS _____

I give permission for my, above-named, child to participate in the Youth Cross Country Trail Biking Program.

Signature of Parent/Guardian _____

Parent/Guardian(s) Name *Please Print* _____